

# NATIONAL FAMILY WEEK

National Family Week has been observed officially in the United States since 1987. Other countries that celebrate include Canada, United Kingdom, and Australia. The theme for this year is **"STRONGER FAMILIES, STRONGER COMMUNITIES."**

This theme highlights:

- the important role that families play as the central building block of our communities
- that community well-being is enhanced by family well-being.

National Family Week is a time to:

- celebrate with your family
- make contact with your extended family and friends
- share in the enjoyment of family activities within the wider community.
- celebrate the meaning of family
- make the most of family life
- reflect on the critical role that families play in teaching, supporting and nurturing



## RESOURCES

### **Administration for Children and Families:**

202-401-9200

[acf.hhs.gov](http://acf.hhs.gov)

### **Alliance for Children & Families:**

800-221-3726

[alliance1.org](http://alliance1.org)

### **Focus on the Family:**

800-232-6459

[family.org](http://family.org)

### **The Family Place:**

435-752-8880

1525 N 200 W, Logan, UT 84341

[thefamilyplaceutah.org](http://thefamilyplaceutah.org)

### **The Logan Family Center:**

435-755-5171

[loganfamilycenter.org](http://loganfamilycenter.org)

### **The Family Support Center:**

435-723-6010

[befsc.org](http://befsc.org)

# WHAT WILL YOUR FAMILY DO TO CELEBRATE?

Read through the ideas below together as a family and then choose one to do each day.

Sunday Nov. 18	Monday Nov. 19	Tuesday Nov. 20	Wednesday Nov. 21	Thursday Nov. 22	Friday Nov. 23	Saturday Nov. 24

- Give kids lots of hugs and smiles
- Take time just to be with children
- Remember to look after adult relationships
- Ask for help if you need it
- Have a family movie marathon
- Have a family sports carnival
- Hold a family talent quest night
- Have a family games night
- Tell each other what makes your family great!
- 'Adopt' a granny or grandpa at the local nursing home
- Encourage your family to make short movies on issues important to them – and then hold a "Movie Premiere Night"
- Be active and eat healthy foods together
- Have a special family breakfast before work and/or school
- Let the children make dinner for the adults – and choose the entertainment!
- Organize a family walkathon
- Organize a street party
- Take some family photos or create a family album or book
- Research your family history to know about where your family came from or about certain ancestors
- Let other families know that they are an inspiration to you and why
- Create some kind of display honoring your family identity
- Celebrate diversity of families by inviting a family from another ethnicity to join you for a meal or games
- Secretly leave notes to family members to let them know your glad their part of the family